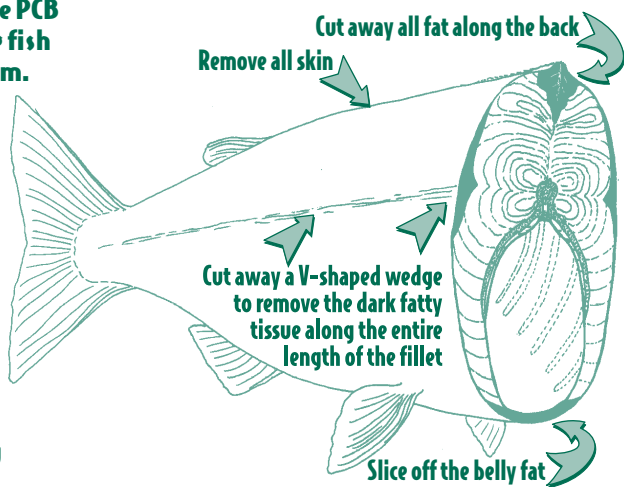


## Special advice for PCBs and other chemicals




**Important: The meal advice in the PCB portion of this guide is for eating fish prepared according to this diagram.**

One meal is assumed to be one-half pound of fish before cooking for a 150-pound person. This meal advice is equally protective for larger people who eat larger meals, and smaller people who eat smaller meals.

If you are a woman of childbearing age who intends to become pregnant, or are under the age of 15, you should be especially careful to space fish meals out according to these advisory tables.







Women beyond their childbearing years and men face fewer health risks from contaminants. However, if you are in this group you should still follow the advisory to reduce your total exposure to contaminants. You can space your meals more closely, but it is still important not to exceed the total number of meals per year, as specified in the advisory. For example, if you are on vacation and most of the fish you eat fall into the “One meal a week” category, you could eat several of these meals within the same week as long as you do not exceed 52 total meals the rest of the year.

Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
<b>Ahnapee River</b>					
Carp			All sizes		
All other species	Follow the  Safe-eating guidelines				
<b>Badfish Creek in Dane County</b>					
Carp			All sizes		
All other species	Follow the  Safe-eating guidelines				
<b>Black River below Black River Falls downstream to its mouth at the Mississippi River</b>					
Channel Catfish			Larger than 16"		
All other species and/or sizes	Follow the  Safe-eating guidelines				
<b>Branch River in Manitowoc County. See also the Manitowoc River</b>					
Trout and Salmon	Follow the Lake Michigan PCB advisory				
<b>Cedar Creek from Bridge Road in the Village of Cedarburg, including Zeunert Pond, downstream to the Milwaukee River</b>					
All Species					All sizes

Continued on next page








Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Chippewa River – downstream of dam at Holcombe to confluence with Mississippi River					
Carp			All sizes		
Sturgeon			All sizes		
All other species	Follow the  Safe-eating guidelines				
Fond du Lac River – follow the Lake Winnebago PCB advisory					
Fox (IL) River (including Lake Tichigan)					
Carp			All sizes		
Channel Catfish			All sizes		
Northern Pike			All sizes		
Fox River – Swan Lake downstream to Portage					
Carp			All sizes		
All other species	Follow the  Safe-eating guidelines				
Fox River from Portage downstream to, but not including Buffalo Lake					
Black Crappie		All sizes			
Bluegill		All sizes			
Bullhead			All sizes		
Carp				All sizes	
Largemouth Bass			All sizes		
Smallmouth Bass			All sizes		
White Sucker			All sizes		
All other species	Follow the  Safe-eating guidelines				
Fox River at Buffalo Lake					
Carp				All sizes	
Panfish		All sizes			
All other species	Follow the  Safe-eating guidelines				
Fox River from Little Lake Butte des Morts downstream to the dam at DePere					
Carp					All sizes
Northern Pike			All sizes		
Smallmouth Bass			All sizes		
Walleye			All sizes		
White Bass			All sizes		
White Perch			All sizes		
Yellow Perch			All sizes		






Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
<b>Fox River from the DePere Dam downstream to the mouth</b>					
Black Crappie			All sizes		
Bluegill			All sizes		
Carp					All sizes
Channel Catfish					All sizes
Northern Pike			Less than 33"	Larger than 33"	
Rock Bass			All sizes		
Sheepshead			Less than 10"	10–13"	Larger than 13"
Smallmouth Bass			All sizes		
Walleye			Less than 16"	16–22"	Larger than 22"
White Bass					All sizes
White Perch				All sizes	
White Sucker				All sizes	
Yellow Perch			All sizes		
<b>Green Bay south of Marinette and its tributaries (except the Lower Fox River) including the Menominee, Oconto, and Peshtigo Rivers from their mouths up to the first dam</b>					
Brown Trout			Less than 17"	17–28"	Larger than 28"
Carp					All sizes
Channel Catfish				All sizes	
Chinook Salmon			Less than 30"	Larger than 30"	
Northern Pike			Larger than 22"		
Rainbow Trout			All sizes		
Sheepshead			All sizes		
Smallmouth Bass			All sizes		
Splake			Less than 16"	16–20"	Larger than 20"
Sturgeon					All sizes
Walleye			Less than 17"	17–26"	Larger than 26"
White Bass					All sizes
White Perch				All sizes	
White Sucker			All sizes		
Whitefish				All sizes	
Yellow Perch		All sizes			





Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Jackson Park Pond – Milwaukee County					
Black Crappie			All sizes		
Bluegill/Pumpkinseed			All sizes		
Carp			All sizes		
Largemouth Bass			All sizes		
Yellow Perch	Follow the	 Safe-eating guidelines			
Kewaunee River					
Channel Catfish			Less than 13"	Larger than 13"	
Carp			All sizes		
Trout and Salmon	Follow the	Lake Michigan PCB advisory			
All other species	Follow the	 Safe-eating guidelines			
Lac La Belle					
Bigmouth Buffalo			All sizes		
All other species	Follow the	 Safe-eating guidelines			
Lake Mendota					
Carp			Larger than 23"		
All other species and/or sizes	Follow the	 Safe-eating guidelines			
Lake Michigan and its tributaries up to the first dam including the Root, Pike, Milwaukee, Sheboygan, Manitowoc and Kewaunee Rivers. Also see these rivers					
Brown Trout			Less than 22"	Larger than 22"	
Chinook Salmon			Less than 32"	Larger than 32"	
Chubs			All sizes		
Coho Salmon			All sizes		
Lake Trout			Less than 23"	23–27"	Larger than 27"
Rainbow Trout		Less than 22"	Larger than 22"		
Smelt		All sizes			
Yellow Perch		All sizes			
Whitefish			All sizes		
Lake Monona					
Carp			All sizes		
All other species	Follow the	 Safe-eating guidelines			










Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
<b>Lake Superior including tributaries up to their first impassable barrier (e.g. dam or falls). Also see St. Louis River</b>					
Brown Trout		All sizes (mercury & PCBs)			
Burbot	Follow the  <b>Safe-eating guidelines</b>				
Chinook Salmon		Less than 25"	Larger than 25" (mercury & PCBs)		
Coho Salmon	Less than 18"	Larger than 18" (mercury)			
Rainbow Trout		All sizes (mercury & PCBs)			
Lake Herring		All sizes			
Lake Sturgeon			Larger than 50"		
Lake Trout		Less than 23"	23–34"	Larger than 34"	
Lake Whitefish		All sizes			
Siscowet			Less than 25"		Larger than 25" (dioxin)
Smelt	All sizes				
Walleye - Less than 26", follow the  <b>Safe-eating guidelines</b>			Larger than 26"		
<b>Lake Winnebago including Lake Poygan, Lake Butte des Morts, and the Wolf River upstream to Shawano Dam</b>					
Carp			Larger than 20"		
Channel Catfish			Larger than 17"		
All other species and/or sizes	Follow the  <b>Safe-eating guidelines</b>				
<b>Manitowoc River (South Branch) from Chilton downstream to Hayton Millpond and tributaries to this reach (includes Pine Creek)</b>					
All Species					All sizes
<b>Manitowoc River from Hayton Dam downstream to Clarks Mills Dam</b>					
Bullhead			All sizes		
Carp					All sizes
Northern Pike					All sizes
Rock Bass					All sizes
White Sucker				All sizes	
<b>Manitowoc River from dam at Clarks Mills downstream to the mouth at Lake Michigan</b>					
Carp			All sizes		
Channel Catfish				Less than 20"	Larger than 20"
Smallmouth Bass			All sizes		
Northern Pike			All sizes		
Trout and Salmon	Follow the Lake Michigan PCB advisory				








Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Menominee River from Pier's Gorge to Lower Scott Flowage. See also Green Bay					
Carp			All sizes		
Walleye and Panfish	See special advice for mercury, Marinette County, Menominee River page 10				
All other species	Follow the  Safe-eating guidelines				
Milwaukee River from the city of Grafton downstream to Estabrook Falls					
Black Crappie			All sizes		
Carp					All sizes
Largemouth Bass			All sizes		
Northern Pike				All sizes	
Redhorse			All sizes		
Rock Bass			All sizes		
Smallmouth Bass			All sizes		
Trout and Salmon	Follow the Lake Michigan PCB advisory				
Milwaukee River from Estabrook Falls downstream to the estuary including Menomonee River, Kinnickinnic River and Lincoln Creek					
Black Crappie				All sizes	
Carp					All sizes
Northern Pike				All sizes	
Redhorse				All sizes	
Rock Bass			All sizes		
Smallmouth Bass			All sizes		
Trout and Salmon	Follow the Lake Michigan PCB advisory				
Walleye			Less than 18"	Larger than 18"	
White Sucker				All sizes	
Yellow Perch		All sizes			
Mississippi River – Pool 3					
Buffalo			Larger than 15"		
Carp			Larger than 15"		
Catfish			Larger than 20"		
Walleye			Larger than 25"		
White Bass			All sizes		
All other species and/or sizes	Follow the  Safe-eating guidelines				










Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Mississippi River – Pool 4					
Buffalo			All sizes		
Carp			Larger than 15"		
Catfish			15-20"	Larger than 20"	
Walleye			Larger than 25"		
White Bass			All sizes		
All other species and/or sizes	Follow the	 Safe-eating guidelines			
Mississippi River – Pools 5, 5A, and 6					
Buffalo			All sizes		
Channel Catfish			Larger than 15"		
Walleye			Larger than 25"		
White Bass			All sizes		
All other species and/or sizes	Follow the	 Safe-eating guidelines			
Mississippi River – Pools 7 and 8					
Carp			Larger than 20"		
Channel Catfish			Larger than 20"		
White Bass			Larger than 15"		
All other species and/or sizes	Follow the	 Safe-eating guidelines			
Mississippi River – Pool 9					
Carp			Larger than 20"		
All other species and/or sizes	Follow the	 Safe-eating guidelines			
Mississippi River – Pools 10, 11, and 12					
Carp			Larger than 22"		
All other species and/or sizes	Follow the	 Safe-eating guidelines			
Neshonic Lake in La Crosse County					
Carp			All sizes		
All other species	Follow the	 Safe-eating guidelines			
Pike River in Kenosha County from Carthage College in the city of Kenosha downstream to the mouth					
Carp			All sizes		
Largemouth Bass			All sizes		
Trout and Salmon	Follow the Lake Michigan PCB advisory.				
All other species	Follow the	 Safe-eating guidelines			



Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Red Cedar River downstream of Lake Menomin to confluence with Chippewa River					
Channel Catfish			All sizes		
All other species	Follow the  Safe-eating guidelines				
Root River from the Horlick Dam in the city of Racine downstream to the mouth					
Carp					All sizes
Trout and Salmon	Follow the Lake Michigan PCB advisory				
All other species	Follow the  Safe-eating guidelines				
Sheboygan River from the dam at Sheboygan Falls downstream to the mouth					
All Resident Species (including carp, walleye, smallmouth bass, catfish, northern pike, rock bass, bluegill, and crappie)					All sizes
Trout and salmon	Follow the Lake Michigan PCB advisory				
St. Croix River below St. Croix Falls downstream to Stillwater, MN					
Channel Catfish			Larger than 20"		
Northern Pike			All sizes		
White Bass			Larger than 15"		
All other species and/or sizes	Follow the  Safe-eating guidelines				
St. Croix River from Stillwater, MN downstream to the confluence with the Mississippi River					
Buffalo			Larger than 20"		
Carp			All sizes		
Channel Catfish			All sizes		
Walleye			Larger than 25"		
White Bass			All sizes		
All other species and/or sizes	Follow the  Safe-eating guidelines				
St. Louis River from Superior Entry up to the dam at Fond du Lac, MN. See also Lake Superior PCB advisory					
Carp			All sizes		
Channel Catfish			Larger than 18"		
Walleye	See special advice for mercury, Douglas County, St. Louis River/Superior Harbor page 9				
All other species and/or sizes	Follow the  Safe-eating guidelines				





Waterbody/Species	Unlimited	Eat no more than 1 meal a week or 52 meals/year	Eat no more than 1 meal a month or 12 meals/year	Eat no more than 1 meal every 2 months or 6 meals/year	Do Not Eat
Twin (East and West) Rivers at Two Rivers from their mouths up to the first dam. See also Lake Michigan PCB advisory					
Black Crappie		All sizes			
Bullhead		All sizes			
Carp			All sizes		
Channel Catfish			Less than 15"	15–23"	Larger than 23"
Northern Pike			Larger than 27"		
All other species and/or sizes	Follow the	 Safe-eating guidelines			
Wisconsin River from dam at Merrill downstream to the dam at Nekoosa					
Carp			All sizes		
Channel Catfish			All sizes		
Redhorse			All sizes		
All other species	Follow the	 Safe-eating guidelines			
Wisconsin River from the dam at Nekoosa downstream to the Petenwell Dam (Petenwell Flowage)					
Carp					All sizes (dioxin)
Channel Catfish			Less than 25"		Larger than 25" (dioxin)
White Bass			All sizes		
All other species	Follow the	 Safe-eating guidelines			
Wisconsin River from Petenwell Dam downstream to Castle Rock Dam (Castle Rock Flowage)					
Carp					All sizes (dioxin)
All other species	Follow the	 Safe-eating guidelines			
Wisconsin River from Castle Rock Dam downstream to Wisconsin Dells Dam					
Carp			All Sizes		
All other species	Follow the	 Safe-eating guidelines			
Wisconsin River at Wisconsin Dells downstream to the Prairie du Sac Dam (includes Lake Wisconsin)					
Carp			Less than 23"		Larger than 23" (dioxin)
Lake Sturgeon			Less than 58"	58" - 67"	Larger than 67"
All other species	Follow the	 Safe-eating guidelines			
Wisconsin River from the dam at Prairie du Sac downstream to the confluence with the Mississippi River					
Carp			Larger than 20"		
Lake Sturgeon			Less than 58"	58" - 67"	Larger than 67"
All other species and/or sizes	Follow the	 Safe-eating guidelines			

